



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, May 8 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 399 756 1793#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

Agenda

- ☐ Welcome New Champions!
- ☐ WCN Roster
- ☐ Financial Fitness Challenge
- ☐ National Walk at Lunch Day – Recap
- ☐ World No Tobacco Day
- ☐ June is Men's Health Month
- ☐ Health Promotion Spotlights
- ☐ 10 Vital Behaviors of a Self Leader - #5
 - ☐ Jack Bastable, CBIZ

Welcome New Champions!



3

Wellness Champion Roster

- ☐ Thanks to all who responded with their feedback for the contact list!
- ☐ All requests for changes to the information have been completed
- ☐ Request to add Agency / Dept to the list

- Quick Polling Questions -



HOW THE CHALLENGE WORKS

The goal is to "save" 500 virtual dollars in 4 weeks.

Save 10 virtual dollars for each DAILY activity:

- ☐ Keep track of your total daily spending
- ☐ Avoid using a credit card

Save 20 virtual dollars for each WEEKLY activity:

- ☐ Pay bills on time
- ☐ Balance your checking account

Save 30 virtual dollars for each MONTHLY activity:

- ☐ Set aside money into a savings account
- ☐ Set aside money into a retirement account

Total Challenge Completers:

1,137 as of 5/3 – I will send final stats with the meeting recap

EAP Webinar – Link to Recording

<https://www.3gotomeeting.com/register/540308430>

**330 registered
206 participated!**

5



2014 T-shirt Design

Hundreds of participants walking North of Jackson Street!



National Walk @ Lunch Day

Quick recap and sharing of the event that took place on 4/30!

May 31 is World No Tobacco Day

On May 31, tobacco users around the world will come together to celebrate World No Tobacco Day by going just one day without tobacco.

Promotional Toolkit available here:

[Download the Campaign »](#)



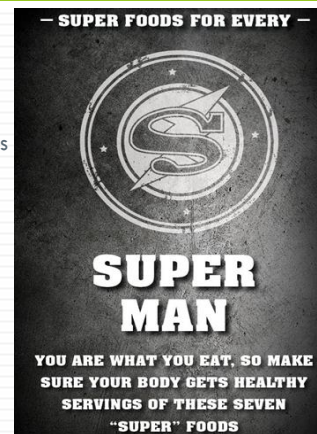
June is Men's Health Month

<http://www.menshealthmonth.org/>

Promotion Ideas:

- Wear Blue Event
- Check the link for available Posters and Flyers
- Use the toolkit of suggestions on the website
- Use the HealthQuest flyer →

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



Health Promotion Spotlights

- *Walk Kansas*
- *National Bike Challenge*
- *Health & Wellness Fair*
- *Emporia State Programs*

Health Promotion Spotlight

Shari Proctor,
Kansas Dept of
Wildlife, Parks
and Tourism

Walk Kansas

<http://www.walkkansas.org/p.aspx?tabid=37>



Health Promotion Spotlight

Vanessa
Newton,
University of
Kansas Career
Center

KU Group for National Bike Challenge

<https://nationalbikechallenge.org>



Health Promotion Spotlight

Karen Vandy,
Kansas Dept of
Health &
Environment

Health & Wellness Fair at the Capitol

May 21 10:00 – 1:00

Please come join us for an exciting day of FREE activities
and health screenings!
Everyone is invited to attend

Health & Wellness Fair 2014

Wednesday
 May 21, 2014
 10:00 am - 1:00 pm
 Southside of the Capitol Grounds

- Beverly
- Edgar the Elephant
- Hill's Pet Nutrition
- Helping Hands Humane Society
- Cooking Demo
- Free Jazzercise Class
- Please bring old eye glasses to donate to the Lion's Club

- Lion's Club Mobile Screening Unit
- YMCA Mobile Fitness Van
- Lead Testing
- Blood Pressure Testing
- EDIGER Video Otoscopic Ear Canal Inspection
- Fitness Testing
- Plus so much more!

Rain Date: May 28th, 2014
 Event will be held on Southside of the Capitol Grounds
 Contacts: Karen Vandy—kvandy@kansas.gov
 Anthony Kandel—akandel@kshhs.gov



Health Promotion Spotlight

Mike Wise,
Emporia State
University

Healthy Hornets Challenge and Corky's Dirty Kanza



Health Promotion Spotlight: ESU Healthy Hornets Challenge



February 3, 2014, through March 7, 2014 2014 Results

The Healthy Hornet Challenge is designed to encourage healthier living through the 6 dimensions of wellness. This five week program is designed with incentives to develop a commitment to healthy choices. This opportunity is FREE for ALL students, faculty and staff. ESU Faculty/staff also have free access to the student recreation center while participating in the event.

Prizes

600 points = Water bottle and HealthQuest completion certificate to earn 5 credits.

750 points = Healthy Hornet t-Shirt and free membership to Rec. Center through June.

* Receive raffle tickets for each special event that you attend. At the end of the challenge we had a prize drawing for a Fitbit Zip
(We gave away 3 Fitbit Zip's)

Participation Stats:

Gender

Male	= 56
Female	= 202
Total	= 258

189 completed the challenge	= 73%
166 reached water bottle level	= 62%
40 participants received t-shirt	= 16%

<http://www.emporia.edu/recsport/events/fitness-challenge.html>

Health Promotion Spotlight: ESU Corky's Dirty Kanza



June 2, 2014, through June 30, 2014

Corky's DIRT Kanza is a summer fitness program hosted by ESU Recreation Services. The program encourages faculty, students and staff to be active during the summer months. The program focuses on the cardio aspect of health and will encourage participants to do 30 minutes to one hour of cardio a day. The name DK and a visual map of the Dirty Kanza route will be incorporated into the program to relate a popular Kansas event that has ties to the town of Emporia.

**The Dirty Kanza is a 200 Mile cycling event that will be bringing over 1200 cyclists to Emporia from all around the United States. The event begins and ends in downtown Emporia. We are going to play off of the excitement and call our event "Corky's Dirty Kanza."*

Event Information

- Online date entry & tracking
- DK map with Corky tracking on visual board
- Walk, run, jog & all ESU rec cardio equipment is approved to receive points
- 30 minutes = 5 miles 1 hour = 10 miles
- Break down (5 days a week for 30 minutes = 100 miles, 5 days a week for 1 hour = 200 miles)
- Total 200 miles in 4 weeks
- Those who reach the 200 mile receive a prize

Promotional Tools

- Flyers
- Buzz-in
- Email
- Social media (facebook, twitter)

<http://www.dirtykanza200.com/>

HealthQuest
Wellness Champion Network



10 Vital Behaviors of a Self-Leader



A Self- Leader Has a Financial Plan, Regardless of Income or Age

- Budgeting
- Long term savings
- Understand the power of compounded interest

Resources:

- Comp Psych EAP www.guidanceresources.com
- Dave Ramsey <http://www.daveramsey.com/home/>
- LearnVest <https://www.learnvest.com/>
- Good Moneying <http://goodmoneying.com/financial-planning/are-you-working-towards-your-financial-freedom#sthash.U0cuQnc8.dpbs>

Thank You for Attending Today!

- Next Meeting is Thursday, June 12 at 11-11:45am
- Secret Question:
- Open Questions / Comments
- Additional Resource: Check Out <http://healthfinder.gov/NHO/NH0tips.aspx> for tips and advice to plan a successful health promotion initiative!